

DESCRIPTION OF PERSONALITY TYPES OF UNDERGRADUATE NURSING STUDY PROGRAM STUDENTS AT IKES PAYUNG NEGERI PEKANBARU

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Abstract

Personality type is considered to have a significant influence on student behavior and performance, especially in the context of nursing that requires communication skills, empathy, and teamwork. The purpose of this study was to determine the description of the personality type of nursing students at IKes Payung Negeri Pekanbaru. This study is a quantitative study with a descriptive design. Respondents numbered 295 people with a stratified random sampling technique. This study was conducted on February 8-22, 2025, data were collected using the Eysenck Personality Inventory (EPI) questionnaire consisting of 57 questions to measure personality types. The results of the study based on gender showed that the majority of nursing students at IKes Payung Negeri Pekanbaru were female, as many as 259 respondents (87.8%), with an average age of 20 years. Almost half were at level 3, with 86 students (29.2%). Almost all personality types at IKes Payung Negeri Pekanbaru were extroverts with a total of 272 students (92.2%). It can be concluded that the majority of undergraduate nursing students at the Payung Negeri Pekanbaru Health Institute tend to have an extrovert personality type, which is usually more open, energetic, and easy to interact with others. On the other hand, the number of students with an introvert type is relatively small. Further researchers' suggestions can conduct research with a larger sample size, involving students from various study programs or universities in other regions, so that the results can be more generally applied. In addition, further research can use more varied data collection methods, such as in-depth interviews or direct observation, to obtain more accurate data and a more comprehensive understanding of personality types among students.

Keywords: Personality Type, Introvert, Extrovert

INTRODUCTION

Students are individuals studying a specific subject at a university. According to Indonesian Law Number 12 of 2012 concerning Higher Education, Article 13, paragraphs 1 and 2, students are members of the academic community positioned as active individuals who consciously develop their potential to carry out learning, research, development, mastery, and implementation of a branch of science and technology to become professionals, practitioners, intellectuals, or scientists. According to the Indonesian Practical Dictionary, students are simply defined as people currently studying at a university (Amir, 2016).

As university students, they have a responsibility to participate in and improve their educational system. They are responsible for enhancing their knowledge and developing their skills throughout the educational process. During their education, students are not only required to master academic knowledge but also to develop good character and personality. Student personality plays a crucial role in determining their performance in the nursing field, particularly in caring behavior, which is the core of nursing practice (Mardaniah et al., 2021).

Nursing students are required to continuously develop themselves throughout their lives, as the nursing profession is closely linked to all aspects of human life, enabling them to become professional nurses. During their education, nursing students have various duties, such as providing nursing care and services to the community during clinical practice, which also serves as a learning tool (Dwidiyanti et al., 2022).

In theory, nursing students study various fields, such as pharmacology, medical-surgical nursing, emergency nursing, psychiatric nursing, maternity nursing, pediatric nursing, and more. Assessment of nursing students focuses not only on their knowledge and skills but also on their personality. According to research conducted by Debbie Cohen and Melody Rhydderch, a nurse's personality can be an important indicator in predicting the quality of care they will provide (Cohen & Rhydderch, 2021).

The quality of nursing care is significantly influenced by various factors, one of which is the nurse's personality. Different personalities can influence how nurses interact with patients, their communication skills, their empathy, and their decision-making in complex situations (Alwisol, 2022). Nurses with extroverted personality types tend to be more adaptable in social interactions, while introverted nurses may focus more on technical tasks. A positive and adaptive personality has the potential to improve the quality of care and create a more supportive environment for patients. Therefore, this study is important to explore the relationship between nurse personality and the quality of nursing care, thereby improving the effectiveness of healthcare services (Rosyad et al., 2022).

Personality is an individual's habits of behavior and character in their daily lives (K. Nisa & Mirawati, 2022). An individual's personality is influenced by two main factors: internal and external. Internal factors originate within the individual, often related to genetics, while external factors relate to environmental influences. Different personality types will result in different responses to situations or environments, both in academic and social contexts, during a student's nursing education (Karim, 2020).

The personality type of nursing students plays a crucial role in their ability to adapt in both educational and clinical environments (F. H. Nisa et al., 2023). Supported by research (Seko et al., 2017), the results of the study revealed a relationship between personality type and stress levels in nursing professional students. Research (Ghaffar, 2016), also revealed that personality characteristics influence the success of passing the competency test. Research (Novitarum et al., 2019), highlighted the link between personality type and participation in group learning. Research (Supriani & Chasanah, 2015), reported that the majority of students (67%) have an extroverted personality, which is characterized by a cheerful, sociable, and quickly motivated attitude, thus impacting the level of learning motivation.

On the other hand, individuals with an introvert personality as explained (Hidayanti, 2018) Introverts do not like to interact socially and prefer to be alone, which can make them avoid questions and not communicate with others, which increases their anxiety. Meanwhile, according to (Hidayanti, 2018) Extroverts are individuals who like to do work that interacts a lot with people, where this personality type likes to do social activities and when they are afraid, they always look for friends to share problems so they can calm down and find solutions. In contrast to extroverts, extrovert and introvert personality types have performance learning even though the preference for team learning was lower in introverts. Other personality traits, learning skills, or practice did not significantly contribute to learning variability (Yohana et al., 2022).

Overall, recent research shows that extroverted and introverted personality types

significantly impact various aspects of an individual's life, including the quality of nursing care, communication, and stress and burnout levels. Understanding these differences can aid in developing more effective educational and social interaction strategies tailored to each individual's characteristics.

RESEARCH METHODS

This study used a quantitative approach with a descriptive design. The sample was taken through stratified random sampling technique from a population of 1,034 active students, with a total of 295 respondents. Data were collected using the Eysenck Personality Inventory (EPI) questionnaire, which consists of 57 questions to measure extrovert and introvert personality types.

RESEARCH RESULTS

1. Respondent Characteristics by Age

The study found that of the 295 undergraduate nursing students who participated in the study, the students ranged in age from 17 to 24, with an average age of 20 years and a relatively small age variation among respondents, with a standard deviation of 1.288. Almost all respondents were female, 259 (87.8%). Nearly half of the respondents were third-year students, 86 (29.2%).

2. The Personality Types of Students in the Undergraduate Nursing Study Program in Pekanbaru

showed that of the 295 respondents, almost all of them had an extroverted personality type, namely 272 respondents (92.2%).

DISCUSSION

The use of cold packs to treat pain after an operation reduced how much pain patients felt. The results of this study are in line with other research that shows cold therapy works well as a non-drug treatment for pain after surgery.

Cold therapy works by making blood vessels in the area smaller, which reduces how much the tissue uses oxygen, swelling and inflammation. This process slows down how quickly your nerves can send signals to your brain, which means you feel less pain. What's more, when you feel cold, it activates some sensory fibres in your body. These fibres stop pain from being sent from other fibres in your body. This is according to the gate control theory of pain. All of these things together make patients feel less pain and more comfortable [1][4].

In this case, the patient's pain went down from a 4 (moderate pain) on the first day to a 2 (mild pain) on the second day. They also found that patients were less likely to show non-verbal signs like grimacing, restlessness and difficulty sleeping after therapy. These results show that cold packs can effectively reduce pain and improve comfort for patients after surgery. The results of this practice are similar to those of several previous studies. Desnita et.al, (2021) found that applying a cold compress for 10–15 minutes significantly reduced pain after an operation ($p = 0.002$) [2]. Lubis et al. (2021) also reported that patients with fractures who received cold compress therapy for three days in a row had significantly less pain ($p = 0.001$) [5]. In a similar way, Mayanti and Sumiyarini (2023) saw that pain got less intense on a scale of 5 to 1 after three days of using a cold pack [6].

What's more, cold pack therapy has several benefits compared to medication. It is safe, cheap, and easy to put on, so it can be used in hospitals and people's homes. For nurses, it provides an extra way to treat pain, in addition to giving patients medicine to help with the pain.

This technique also lets patients and their families play an active part in managing their pain, which can improve how well they look after themselves and how quickly they get better.

But there were some problems when they tried to use it. One problem was that it was hard to find patients who met the requirements for the study during the study period. The test was only done on one patient, so it is difficult to know how the results can be applied to other people. In future studies, a larger sample size and longer intervention duration should be used to strengthen the evidence supporting cold pack therapy as an effective nursing intervention.

This application, which is based on real-world evidence, shows that cold pack therapy can be used as part of the usual care plan for patients who have had a fracture and are recovering from an operation. It supports the holistic nursing approach, which combines drug and non-drug treatments to improve patient comfort and speed up recovery.

CONCLUSION

Cold pack therapy was shown to effectively reduce postoperative pain by decreasing inflammation, slowing nerve signal transmission, and activating sensory fibers that block pain perception, in line with the gate control theory of pain. In this case, pain levels decreased from moderate to mild within two days, accompanied by reduced non-verbal pain responses such as restlessness and sleep disturbance. These findings are consistent with previous studies demonstrating significant pain reduction following short-term cold compress use in postoperative and fracture patients. In addition to being safe, low-cost, and easy to apply, cold pack therapy allows both healthcare providers and families to actively participate in pain management alongside medication. Although the evidence is limited due to the small sample size, the results support cold pack therapy as a valuable non-pharmacological nursing intervention that enhances patient comfort and promotes recovery.

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